

## Why a Group?

### What is the Athena : Trauma Pain & Fatigue Group?

The **Athena** group programme is an important part of the pathway through our Eva Therapy Service.

Women who take part in our group work find it a really useful experience, reducing isolation and learning from each other.

After initial assessment, you will be offered a place on a small group programme, to provide support and prepare for individual therapy.

The groups are either F2F or via Zoom, and are run by 2 experienced therapists who work in our Eva Therapy Service.



## Group Programme

This is a 2 week programme running after New Beginnings



### The Athena group will cover:

- ◆ Understanding how trauma affects our mental and physical health, including Chronic Pain / Fibromyalgia / Chronic Fatigue Syndrome
- ◆ Impacts of CP/Fibro/CFS and the ways we manage this
- ◆ Our feelings and the ways we manage emotional distress
- ◆ Developing helpful pain and fatigue management strategies
- ◆ Developing helpful coping strategies
- ◆ Looking ahead at what is important to us now

## Expectations

We will work together to make sure:

- ◆ groups are small and manageable
- ◆ we all support each other
- ◆ it is a confidential space
- ◆ it is a safe space to talk and learn

We want to ensure that we create a group experience that feels a safe and comfortable place for you to participate in the programme.

There is no expectation on you to share any personal experiences of trauma in the group.

To make sure the programme is as helpful as possible we would ask that you:

- ◆ *attend weekly*
- ◆ *try things out in the week*
- ◆ *keep group confidentiality*

### Feedback on other Eva groups:

*"This group has been a breath of fresh air for me, and our counsellors have ... supported us all the way"*

*"This group make me change, make me more strong... I really like it, how they explain everything so clearly... I am so happy and grateful to join the group"*

*"I have gained a better understanding of what happened to me and that I could not control it... and ways of coping with the emotions brought up by my experiences."*

*"I have had a lot of counselling ...and this is the first time I feel I can finally put it in my past ...it has been mind blowing and rough at times, but it has changed my life and my thought patterns. Thank you, from the bottom of my heart"*



**Eva Therapy Service**  
**Athena :**  
**Trauma, Pain & Fatigue group work**

**vida**  
life without abuse

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funded through



**Vida** receive funding to support our **Eva Services for women and girls** from:  
The National Lottery Community Fund, Comic Relief, Lloyds Bank Foundation, The People's Health Trust, Newman's Own Foundation & the Santander Foundation

### Every little really does help...

All donations received through Vida's Localgiving page go directly to support our therapeutic work with women and girls, and we can claim an additional 25% Gift Aid on all donations from UK tax payers!!

*Monthly direct debits are even more helpful...*

<https://localgiving.org/charity/vidasheffield/>



# Eva Therapy Service

for women and girls affected by abuse and trauma



## Athena

Trauma, Pain & Fatigue therapeutic group programme  
[2 weeks]

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